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ROB SWAN 1967-2025

East Lyme Parks and Recreation remembers Parks Foreman, Rob Swan, as a dedicated professional who devoted many years of service to the department. Rob grew up in East Lyme, married and raised his family here. He served as the Beach Supervisor for many years, before joining the Department full-time as the Parks Foreman. Rob was resourceful, dependable, friendly, persistent, dedicated, organized and much more. His commitment to make the Town of East Lyme a great place to live made him a great leader, an advocate that the community could depend on, and a wonderful friend and co-worker.



Rob passed away after a sudden illness in 2025, and his loss leaves a huge hole in the community. However, as a way of celebrating his contributions to the community, the Department and his family are planning the following:

“Heart to Mind” Family Fun Day | McCook Point Park
Sunday, May 17 : 1 – 6 pm | (Rain Date May 24)

Join East Lyme Parks & Recreation and the Swan family as we

honor the memory of Parks Foreman Robert H. Swan, Jr. with a day full of fun with music, games, food, and information tables for all ages to enjoy! Admission and parking are free – overflow parking behind the VFW.

Enjoy a full day of musical performances by Steve Elci, DJs, and bands after opening remarks.

Explore educational opportunities through several of Rob’s favorite non-profit organizations (STARS to STEM, Inc., Friends of Feral Felines, Survival Solutions, local fire and police, and more...). Participate in yoga sessions, corn hole, hula hoops and so much more! Eat delicious food from a variety of vendors. Enter a raffle to benefit non-profit organization and future projects in memory of Rob.

Rob was a dedicated employee who proudly maintained our beaches and parks, and he wanted everyone to “Enjoy East Lyme parks and beaches while keeping your heart and mind open as you learn new things.”

Please note: EL Parks and beaches are drug, alcohol, and tobacco free. Please leave pets at home – service animals are welcome!

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CONTENTS

Rob Swan.....	3
Watch Town Meetings on Cable TV or Internet.....	4
First Selectman's Corner.....	5
Director's Report.....	6
Superintendent's Note.....	7
Parks & Beach Information.....	8-9
Beach Passes 2026.....	9
Parks & Recreation Department.....	10-11
Parks & Recreation Registration Policies.....	11
Parks & Recreation Adult Programs.....	12
Pollinator Pathway.....	13
Niantic Rotary Club.....	13-14
East Lyme Youth Services.....	13-16
East Lyme Public Library.....	16-17
Assessor's Corner.....	18
East Lyme Puppetry Project Inc.....	18
East Lyme Historical Society.....	18
Pool & Fitness Center for All Ages and All Seasons!.....	19
East Lyme Senior Center.....	19-20
East Lyme Police Cadets, Inc.....	21

Watch Town Meetings on Cable TV or Internet

Board of Selectmen, Board of Finance, Special Town Meetings, Inland Wetlands Agency, Planning Commission, Zoning Commission and selected other meetings may be seen live and/or replayed on **Breezeline channel 191 or 9003, Comcast channel 97 or 1084 and Frontier channel 6112.** Between videos, announcements including the current weather and the upcoming meetings schedule are displayed. Visit eltownhall.com/government/videos to view the cable TV replay schedule for town and Board of Education meeting videos or to watch town meeting videos on demand. These town hall Upper Meeting Room meetings are also streamed live on **YouTube.com/eltownhall**, East Lyme's YouTube channel. Board of Education meetings are streamed live on **YouTube.com/EastLymePublicSchools**.

Oh the Possibilities in 2026!

Not sure what this year has in store for you? I am happy to provide you with the latest Market Trends for your area that's up to date and free for the asking! Let me provide a free custom home evaluation so you can decide what's right for you! I'm local and would love to help!



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First Selectman's Corner

With the holidays in the rear view, we can begin to think about the advent of spring. The Light Parade in December was a great success with record crowds in attendance. Our Main Street remains vibrant, with residents and visitors enjoying the view, the restaurants, and all that it has to offer. Soon we will see the shrink wrap start to come off the recreational boat fleet as they return to the water.

Route 161 / Exit 74

Great progress continues as we enter the final year of the Route 161 / Exit 74 project. Both the northbound and southbound lanes of I-95 are now traveling over the new overpass. The new Exit 74 off ramp has replaced the old ramp, which closed this past October. The blasting phase of the project is largely behind us. The next phase involves the placement of the steel on the final section of the overpass. After placement of the steel, most of the work will be off to the sides of Route 161, minimizing traffic interruptions. As we have come to appreciate, the police,



Dan Cunningham
First Selectman

along with our Public Works Department and contractors, continue to do a great job of keeping disruptions to a minimum.

ADA Project at Town Hall

With the ADA compliant renovations wrapping up at Town Hall, visitors now have easier access into the building utilizing the new ramp. Visitors can now also easily navigate between floors utilizing the newly installed lift located in the lobby. This important milestone represents a continued commitment to transparency and public access. In the spring, we hope to see attractive native plantings in the front of the building with help from Pollinator Pathway East Lyme. These improvements will provide an attractive and welcoming approach to Town Hall.

As always, I am interested in your suggestions and concerns. You can contact me in the First Selectman's office by phone at 860-691-4110 or by email at dcunningham@eltownhall.com.

Dan Cunningham, First Selectman



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Director's Report

A new year is a time to reflect on things we've accomplished and things we hope to do. We had some major accomplishments in 2025 including:

- Completed major renovations at the Peretz Park Baseball Field
- Completed an erosion control project at McCook Point Park
- Updated amenities at various parks including renovations to the Peretz Park parking lot and Hole in the Wall restrooms
- Offered community and cultural events that contributed to the quality of life in the community – concerts, parades, and special events!
- Completed designs for the Peretz Park restroom/garage renovations, the McCook Sea Wall, and trail upgrades at Darrow Pond

Of course, 2026 will bring us challenges but we're looking forward to accomplishments such as:

- Increasing our support for families with financial need to make programs affordable.



Park and Recreation Director, Jerry Lokken

- Renovating the Peretz Park restrooms, and constructing a new maintenance shop.
- Finalizing plans to construct a dog park.
- Improving the youth football and multi-purpose fields at Smith Harris Park (East Lyme Middle School)
- Repairing the McCook sea wall that was severely damaged in storms in recent years.

2026 will also bring changes to our staff. We recently lost our Parks Foreman, Rob Swan, to a sudden illness so we've got a huge gap to fill in finding a replacement. We also plan to hire an additional Parks Maintainer to join the crew this spring and upgrade our ability to serve community in terms of parks maintenance, an area that has been lacking sufficient resources to keep up with the amount of work.

Parks and Recreation touches everyone in the community, so in the coming months, I hope to see you at one of the many community events, programs, beaches, playing fields or in the Community Center.

Yours in health and community,
Jerry Lokken, Director

Niantic Rotary Club
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presents
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Superintendent's Note



Jeffrey R. Newton
ELPS Superintendent

East Lyme Public Schools has had an outstanding fall and early winter. Our students continue to thrive under the direction and leadership of a wonderful staff working across our school district. On a personal note, I was deeply honored to have recently been named Connecticut's 2026 Superintendent of the Year. While this recognition is personally meaningful, it is first and foremost a reflection of the extraordinary East Lyme Public Schools community and the collective work that takes place every day on behalf of our students.



East Lyme is an outstanding school district because of the people who serve it. This award represents the achievement and success we have experienced together and stands as a tribute to our dedicated administrators, talented educators and staff, and our committed Board of Education. Their leadership, professionalism, and unwavering focus on students make East Lyme a place where excellence is not an aspiration, but a daily practice.

Our continued success is grounded in a strong alignment with the goals of the East Lyme Board of Education. Together, we remain focused on expanding pathways programming through meaningful community partnerships and career-connected learning that prepare students for life beyond graduation. We are committed to strengthening a safe, inclusive culture and climate where every student feels valued and supported, and to advancing high-quality instructional practices that promote growth, engagement, and achievement for all learners. Just as important, we will continue to intentionally share our district's story and success through purposeful branding and authentic community engagement.

None of this work happens in isolation. I am incredibly grateful to our parent community for their partnership, trust, and advocacy, and to our local businesses and community organizations who collaborate with us to provide students with outstanding opportunities beyond the classroom. These partnerships enrich learning, expand horizons, and help our students connect their education to the real world.

The recognition of Connecticut's Superintendent of the Year belongs to the entire East Lyme community. I am proud of what we have accomplished together and excited about the work ahead as we continue to support our students, strengthen our schools, and build on the tradition of excellence that defines our district.



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Park & Beach Information

PARKS & BEACHES ADDRESSES

Cini Park Route 156, Niantic
(located at end of boardwalk by Niantic Bridge)

Hole-N-Wall Beach Baptist Lane, Niantic

McCook Point Park 8-10 Atlantic Street, Niantic
Main beach, pavilion, picnic area, restrooms,
Hole-N-Wall beach, playground, bocce court,
outdoor showers

Peretz Park at Bridebrook 221 West Main Street, Niantic
Baseball, soccer, basketball court,
softball, lacrosse, utility fields

Smith-Harris Park 31 Society Road, Niantic
(Behind EL Middle School)
Little League, Pee-Wee football

Veteran's Memorial Park 10 Memorial Park Road, Niantic
Baseball, softball

McCook Point Park, Hole N' Wall, & Cini Park:

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day **ONLY****; must be always under owners' control and it is the owner's responsibility to clean-up all pet waste. Dogs are **not permitted** on the Niantic Bay Boardwalk at any time during the year.
- **Once restrooms re-open**, they will remain open until mid-November as weather permits.
- Contact the Parks and Recreation office for Pavilion reservations/availability.
- All East Lyme parks are Tobacco Free.

State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

****NO PETS May 23 – Sept 7, 2026, AT ANY BEACH FACILITY: SEE BELOW REGULATION**

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

Beach Grooming

All three East Lyme Parks and Recreation beaches (Cini, Hole in the Wall, and McCook) are identified as potential spawning locations for horseshoe crabs, and are covered by the restrictions that limit mechanical beach grooming during the spawning season from May 10 - July 15, so Parks staff will only use our beach grooming equipment to remove seaweed from the beaches outside of those dates.

We're proud to do our part to help with conservation efforts while still providing public access to our prized natural resources.

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CT DEEP publishes a Beach Association Guide that contains a lot of great information about how to properly care for beaches and what types of activities are allowed under DEEP regulations. Anyone interested can read more at ct.gov/deep/coastal-resources/living-on-the-shore/living-on-the-shore.

Beach Passes 2026

Online Sales start March 2

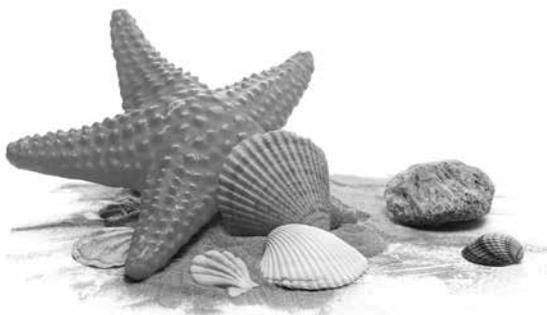
In Person Sales start April 22

Get the convenience of parking at any of our three beach parking lots all season long and feel good about supporting our beaches. The revenue pays for lifeguards, beach staff, park security, concerts, beach equipment and more!

We couldn't keep the beaches open without support, so we thank everyone who purchases a beach pass and helps make it better for everyone!

To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town only, please bring your tax bill, lease or proof of residency to expedite the process. To avoid lines, you can mail in a copy of your registration, current phone number, a copy of your latest tax bill (only if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self-addressed envelope, and we will process your request and mail your beach pass to you.

To purchase online, go to: eltoownhall.com under Parks & Rec. Please note online pricing includes handling and postage fee. There are no refunds or replacement passes issued for lost, damaged, or stolen passes.



Seasonal Beach Parking and Admission (McCook, Hole In Wall, Cini)	2026 Total Price with Tax Included
Resident (Town employees and active military qualify for Resident rate)	\$65.00
Resident Senior/handicap (Age 62+ or handicap placard)	\$40.00
Non-Resident	\$210.00
Commercial	\$185.00
Resident Online	\$70.00
Resident Senior/handicap Online	\$45.00
Non-Resident Online	\$215.00
Commercial Online	\$190.00
Resident Employee	\$60.00
Non-Resident Employee	\$75.00
Resident Active Military	\$55.00
Non-Resident Active Military	\$75.00
Daily Parking Passes (no re-entry, new daily pass required)	2026 Total Price with Tax Included
Resident (Town employees and active military qualify for Resident rate)	\$25.00
Resident (weekend/holiday/event)	\$40.00
Non-Resident	\$45.00
Non-Resident (weekend/holiday/event)	\$55.00
Add'l vehicle with pavilion rental (beyond 10 included)	\$20.00
Resident Active Military	\$20.00
Non-Resident Active Military	\$35.00
Afternoon discount - Half off parking rate from 2-5PM daily	
Resident	\$13.00
Resident (weekend/holiday/event)	\$20.00
Non-Resident	\$23.00
Non-Resident (weekend/holiday/event)	\$30.00
Resident Active Military	\$10.00
Non-Resident Active Military	\$18.00
Daily Beach Admission	2026
Resident Walk-in (Town Employees and active military, and families if accompanied by employee or military member, qualify for Resident rate)	Free
Non-Resident Walk-in for Ages 16+ (under age 16- free)	\$25.00
Seasonal Non-Resident Walk-in for Ages 16+ (under age 16- free) added 4/20/23	\$100.00

Parks & Recreation Department



41 Society Road | Niantic, CT 06357

860-739-5828 | fax 860-691-2409

www.eltownhall.com

Visit us online at:

parkinfo@eltownhall.com

Contact Information, Websites & Email Addresses

Executive Director: Jerry Lokken, jlokken@eltownhall.com

Program Coordinator: Cole Hoffman, choffman@eltownhall.com

Administrative Assistant: Robin Grandieri, rgrandieri@eltownhall.com

Recreation Supervisor: Joey DeFillippi, jdefillippi@eltownhall.com

Park Foreman: Steven Gerovitz, sgerovitz@eltownhall.com

Maintenance Support: Michael Rak, Cameron McCollum

Parks & Recreation Commission Members

Chairman: Robert Tukey, Benjamin Armstrong, Alicia Brothers, Sue Kumro, Todd Donovan, Dave Castro and Kenzie Lloyd.

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.

East Lyme Police Department: 860-739-5900

East Lyme Public Library: 860-739-6926 | www.ely.lioninc.org

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859

East Lyme Town Hall: 860-739-6931 | www.eltownhall.com

East Lyme Youth Services: 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park: 860-739-5471

DEP Old Lyme: 860-434-8638

Children's Museum of SE Connecticut: 860-691-1255

East Lyme Aquatic & Fitness Center (Pool):

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East Lyme Business Organization

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www.eastlymebaberuth.com

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Adam Keefe: 914-582-4728
adamckeefe@gmail.com | www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Dan Hayes: president@eastlymelittleleague.org
www.eastlymelittleleague.org

EAST LYME SOCCER CLUB

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www.eastlymesoccer.org

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Tammy Bogue: 860-303-1741

EAST LYME YOUTH BASKETBALL

Nikki Buzzelli: 860-961-2627
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Clubs / Town Organizations

AMERICAN LEGION AUXILIARY, UNIT 128

Joyce Harris: 860-303-1718 | joymh1@aol.com

EAST LYME VETERANS COUNCIL

Joyce Harris: 860-303-1718 | joymh1@aol.com

GIRL SCOUTS REGIONAL OFFICE

Caitlyn Dorrinston: 800-922-2770 x 3728
Monica Sistaire: 860-638-7151
gsofeastlyme@gmail.com

NIANTIC LIONS CLUB

Kirk Engel: 860-334-9374 | www.nianticlions.org

NIANTIC ROTARY CLUB

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BOY SCOUT TROOP 247

Joshua Scalora: webworkset@gmail.com | www.Beascout.org

POLLINATOR PATHWAY EAST LYME

Pollinatorpathwayel@gmail.com

EAST LYME HISTORICAL SOCIETY

info@eastlymehistoricalsociety.org

EAST LYME POLICE CADTES

Sgt. Mark Hallbauer, Ofc. Chris Dube
860-451-9797 | Information@eastlymepolicecadets.org

Parks & Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday | 8:00 am - 4:00 pm

DIRECTIONS

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (*Clauson Nursery is on corner.*) Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library / Community Center (*complex will be on left.*) The Parks & Recreation Office is located in Community Center complex.

95 North - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (*see above.*) register for programs.

In person registration is at the Parks and Recreation Department Office in the East

Lyme Library Community Center on Society Road, by mail (**Mailing address:** 41 Society Rd., Niantic, CT 06357 or online.)

Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

PAYMENT

Payment must be made in full at the time of registration, without exception. We accept cash, Visa / MasterCard / Discover, and checks made payable to: "The Town of East Lyme." Returned checks will be charged a \$20 fee.

REFUND POLICY

If a program is cancelled by Parks and Recreation, a full refund will be offered or a credit can be issued to your house-hold account for future programs, events, beach passes, etc.

All other refunds will be subject to a \$15.00 processing fee if refund check is to be issued. No fees will be charged if refund is applied to house hold account for future programs, beach passes, etc.

(If cancellation is due to medical condition; a doctor's note will be required for fee to be

waived.)

CANCELLATIONS

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation.

PLEASE CHECK WITH OUR OFFICE FOR PROGRAMS BEING OFFERED WITHIN THE REGION.

East Lyme Parks and Recreation reserves the right to reschedule or cancel any advertised class due to weather, facility availability, or any other circumstance beyond our control.

As we will try our best to reschedule; refunds will not be offered due to any unforeseen cancellation of an individual class.



Parks & Recreation Adult Programs

PLEASE NOTE

We will make every attempt to reschedule; however, refunds or pro rating will not be offered due to any unforeseen cancellation of an individual class. Please bring your exercise mat and water!



Jump Start: This energizing fun class rotates and combines many fitness styles such as intervals, circuits, Tabata, Barre, Zumba, aerobics, strength, balance & stretch. Be prepared to sweat and burn those calories!

Dates: Monday, Wednesday, Friday - March 16 to May 1 (No Class 4/3)

Time: 7:30 to 8:20 am

Registration Begins: Tuesday, March 3 at 8:15 am

Fees: Resident \$100.00/Non-Resident \$115.00

Location: EL Community Center

Instructor: Donna Neaton, AFAA

Fit & Fabulous: This energizing fun class rotates and combines many fitness styles such as intervals, circuits, Tabata, Barre, Zumba, aerobics, strength, balance & stretch. Be prepared to sweat and burn those calories!

Dates: Monday-Wednesday-Friday March 16 to May 1 (No Class 4/3)

Time: 8:30 to 9:20 am

Location: EL Community Center

Fees: Resident \$100.00/Non-Resident \$115.00

Registration Begins: Tuesday, March 3 at 8:15 am

Instructors: Donna Neaton, AFAA

Functional Core: This class will target the abs and glutes and will help you move functionally and safely. We will work towards improving our core strength, body awareness, control, balance, and overall fitness.

Dates: Tuesdays, March 10 to May 26 (No class 3/24, 4/7)

Time: 7:30 am to 8:30 am

Fee: Resident \$50/Non-Resident \$65 | EL Community Center

Instructor: Donna Neaton, AFAA/Barre Instructor

Monday Morning Yoga: This class will awaken and energize your physical body, preparing you to move into your day with ease.

Dates: Mondays, March 16 to May 18

Time: 9:35 to 10:35 am

Fee: Residents \$50.00/Non-Residents \$65.00

Where: EL Community Center | **Instructor:** Michele Flowers, RYT 500

Total Body Fitness: This 50-minute cardio & strength training class rotates different fitness styles such as, intervals, circuits, classic aerobics and weighted-low impact cardio to keep the class moving & challenged. Handheld & leg weights, bands, balls, and tubing are utilized in class for the strength/core portion. Class ends with stretching.

Dates: Mondays, Wednesdays - March 23 to May 27 (No class 5/25)

Time: 4:30 to 5:20 pm | **Fee:** Resident \$95.00/Non-resident \$105.00

Registration Begins: March 4 | **Where:** EL Community Center

Instructor: Gina Morris, AFAA

Monday Evening Coed Yoga: The class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques.

Dates: Mondays, April 6 to June 15 (No Class 5/25)

Time: 5:30 to 6:45 pm | **Fee:** Resident \$50.00/Non-Resident \$65.00

EL Community Center | **Instructor:** Rosemary Gentile - M.S.R.D.-RYT

Fusion Fitness *NEW*: This class will blend multiple fitness styles and strength training into one dynamic, full-body workout. Using bands, weights, etc. The focus is on improving fitness, core strength, balance, and stability. Expect controlled movements, athletic flows, and intentional challenges that leave you feeling strong, centered, and energized. (Seated postures optional / variations offered.)

Dates: Tuesday, March 10 to June 2

Time: 4:15 pm to 5:05 pm

Fee: Resident \$65 / Non-Resident \$80

Where: EL Community Center

Instructor: Susan Kruse, RYT 500

Pilates - Active Isolated Stretching: This class incorporates the principles of Stott Pilates, using equipment and tools that are provided. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. **Instructor:** Kim Stirtan-BSPE, ACE & Stott Pilates. Level One Fascial Movement Instructor

Dates: Tuesdays, March 17 to May 12 | **Time:** 5:30 to 6:30 pm

Fee: Resident \$45.00/Non-Resident \$60.00

EL Community Center

Wednesday Night Coed Yoga and Meditation: The class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. **Instructor:** Susan Kruse, RYT 500.

Dates: Wednesdays, April 1 to June 10 | **Time:** 5:30 to 6:45 pm

Fee: Resident \$55.00/Non-Resident \$70.00

EL Community Center

Thursday Zumba: Come join the Zumba® Fitness dance party! Classes combine elements of cardio, muscle toning, balance and flexibility. This calorie-burning high-energy workout of fun, easy-to-follow dance moves to Pop, Latin and international rhythms is exercise in disguise!

Dates: Thursdays, April 23 to June 25

Time: 5:45 pm to 6:45 pm

Fee: Resident \$50.00/Non-Resident \$65.00

EL Community Center

Instructor: Terry Weiss (Certified Zumba® & Zumba Gold® Instructor)

Saturday Morning Fit Dance: Burn calories as you move to rhythms with Latin, Pop and International-inspired dance moves for people of all fitness levels and age groups.

Dates: Saturdays, January 31 to April 18

Time: 8:30 am to 9:30 am

Fee: Resident \$60.00/Non-Resident \$75.00

EL Community Center

Instructor: Kim Thompson, Certified Zumba Instructor

Pollinator Pathway

Exciting new happenings at the East Lyme Community Center! Spring into action with us!

When spring arrives in a few months, you may be tempted by all the fresh greenery and colorful blossoms on flowers and shrubs for sale. Please remember to use your PPEL membership card to get 15% off all native plants at Burnett's Country Garden in Salem and 10% off at Smith's Acres in Niantic. If you'd like a card contact us at: pollinatorpathwayel@gmail.com.

Pollinator Pathway East Lyme Inc., PPEL for short, is your science-based native plant and invasive plant resource. We are a 501 c 3 non-profit run by volunteers and supported by donations and grants. We offer Home Assessment Visits, an on-line Pledge Program (both help you create pollinator friendly gardens), a PowerPoint presentation on The Importance of Native Plants and Insects, a Pollinator Puppet Show, and hands on training for volunteers.

Our major project this spring is behind the Community Center, on a steep hillside we refer to as "The Berm." The planting area is ¼ of an acre and we are excited to begin planting this spring and autumn. There is a narrow stretch of grass below the Berm that begins right behind the Senior Center and curves back towards a stairway up to the Brookside Farm Museum. This grassy area is also undergoing improvements that will provide increase usage for this area. We invite you to explore this lovely space that we anticipate will be getting a lot more traffic in the future. Access to the area from inside the main building is through the large glass doors in the lobby wing. The paved alley way adjacent to the Senior Center building is the outside access.

If you would like to donate funds to have us plant a tree or shrub on the Berm in honor of a loved one, please reach out to us via our email address listed above.

You can follow us on our educational Facebook page: Pollinator Pathway East Lyme and on our resourceful webpage: www.pollinatorpathwayeastlyme.org.



THE NIAN TIC ROTARY CLUB

The Niantic Rotary Club supports and conducts projects that benefit their community. The Niantic Rotary Foundation(501c3) is responsible for funding the yearly scholarships and awards for East Lyme and Salem students, community grants and donations, and yearly event sponsorships to local organizations. They also support International causes such as eradicating diseases, disaster relief, and providing clean drinking water and sanitary facilities to impoverished villages. Regular meeting time is every Wednesday at 12:15 at By The Bay in Niantic. For information, email, visit nianticrotary.org, and follow info@nianticrotary.org on Facebook @nianticrotary.

Daily Lunch & Dinner Specials

**St. Patrick's Day Special
Corn Beef and Cabbage \$17.95!**



Watch for our **MARCH MADNESS** Specials!

**Great Food
Great Prices
Great Location**

LYME TAVERN

229 W. Main Street, Niantic, CT
(Across from Rocky Neck State Park)

860.739.5631

Serving Everything from Seafood to Traditional Cuisine!
Catering Available



**237
West
Main
Street**

Next Door to
Lyme Tavern

Part of
Old Lyme



East Lyme Veterans

In October 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme is fortunate to have Brian Burrige as our community's Veterans Representative.

The East Lyme Veterans Coffeehouse is held every 2nd

Wednesday of the month at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8 pm and the New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 -11:00 am.

The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations.

For more information and a current list of events happening in our region, please reach out to Brian directly at 860-287-2683 or brianburrige@gmail.com. For up-to-date information online, please follow Brian on https://nextdoor.com/news_feed/.



East Lyme Youth Services

SERVING THE COMMUNITIES OF EAST LYME & SALEM

Sarah Firmin, Youth & Family Services Director

Leanne Pappas, Wellness & Prevention Coordinator

Ellen Bailey, Part time Therapist, LSW

Sophie Dubreuil, Social Services Case Manager

Contact Us @ (860) 256-4740 | (860) 739-6788 | SFIRMIN@ELTOWNHALL.COM

LPAPPAS@ELTOWNHALL.COM | 45 Society Rd, Niantic, CT 06357

"Our mission is to foster the positive development of residents by providing and/or coordinating preventive, remediative, educational, social, and service opportunities for people of all ages."

Dear Resident of East Lyme,

I hope this message finds you well. My name is Sarah Firmin, and I am the Director of Youth & Family Services. Our department is dedicated to making a positive impact on the East Lyme community through a wide range of outreach efforts that support mental health, prevent substance misuse, and promote overall well-being for residents of all ages.

We work closely with schools, local organizations, and community members to provide research-backed education, in-school and after-school programs, free counseling services, and training for staff. Our initiatives are guided by biannual surveys that offer valuable insight into youth mental health, substance use trends, and community perceptions. This data helps us design programs that truly address the needs and realities faced by individuals and families in East Lyme.

Our team is passionate about serving people of all backgrounds

and building relationships that foster resilience, wellness, and personal growth. Through preventative, remedial, educational, and social services, we aim to create safe and supportive environments that empower individuals and strengthen our community.

As we continue this important work, we are reaching out to ask for your support. Your generous donation will enable us to expand programming, bring additional resources to East Lyme, continue to offer free counseling, and develop new strategies in partnership with local organizations.

Thank you for your time, your support, and your commitment to the East Lyme community.

Sincerely,

Sarah Firmin, Director, Youth & Family Services

Why Partner with Us? We offer...

Community Outreach: Substance Abuse Prevention and Education, Mental Health Support, Support Groups, Clinical Services

Social Services: Food Bank, Fuel Bank, Energy Assistance Program, Renter Rebate Program, Unemployment

Youth Services: In-and-after School Programs, Seasonal Camps, Preschool Programs, Juvenile Review Board,

Viking Mentorship Program

WE ARE CONTINUING TO GROW OUR PROGRAMS TO REACH MORE CITIZENS AND WIDEN THE SCOPE OF OUR IMPACT. WE INVITE YOU TO JOIN US IN OUR MISSION AND STRENGTHEN OUR COMMUNITIES TOGETHER!

East Lyme Youth and Family Services | *Serving the Communities of East Lyme & Salem*

45 Society Rd, Niantic, CT 06357
(860)739-6788
email: sfirm@elthall.com

Youth, Family and Human Services Commission

The East Lyme Youth, Family, and Human Services Commission meets on the second Thursday of every month. The meetings are held at the Community Center in the Olive Chendali meeting room and begin at 6:00pm. The public is welcome to attend.

East Lyme Youth Coalition: ELYC (East Lyme Youth Coalition) helps address and implement initiatives to increase awareness and education on various topics that are impacting our youth in our town. Meetings are held quarterly, the 2nd Thursday of the month, at the Community Center in the Olive Chendali meeting room at 5 pm. Contact Sarah at sfirm@elthall.com to inquire.

Registration Information

Participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth and Family Services, ELMS cafeteria, and online at www.elthall.com. Registration forms and fees should be returned to the Youth & Family Services offices between 8 am-5 pm M-TH and 8 am-11:30 am on Fridays or mailed. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name in the memo section.

Cancellations

All cancellations will be sent to program participants via email. East Lyme Youth Services holds after-school activities throughout the school year.

Open Center After School Program

Schooldays, 3:00 – 5:30 pm (noon-5:30 pm on half days) The program will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. This program is available for 5th – 8th graders. Registration opens August 4th at 8:30 am. This program will

begin on Tuesday, September 2nd and runs throughout the school year. This is a free program.

Check out our website frequently for updates www.elthall.com (and click East Lyme Youth & Family Services to the left), “like” our page on Facebook, shoot us an email to: sfirm@elthall.com, or give us a call at (860) 739 -6788 for more information.

PRESCHOOL & YOUTH PROGRAMS

Preschool Programs:

PRESCHOOL PLAYGROUP

Tuesday & Thursdays, Feb 12th- April 9th from 9:30 am to 11:30 am

Registration: Opens January 15th
Fee: Resident- \$234/Non-Resident -\$250 | Limited to 10 participants
East Lyme Community Center/Youth Center | Instructor: Lissette Bellody
Preschool playgroup is open to ages 2-4-year-olds and will meet two times a week with parents guiding their child in a preschool environment. The Youth and Family Services “classroom” days on Tuesdays and Thursdays will include 2 hours each morning. Free play, center-based learning, circle time, stories, art, and a snack brought from home.

YOUTH PROGRAMS:

Girls Circle: Next session TBD/ Mondays or Tuesdays. The program runs until June. No Summer sessions. After school 3-5 pm | No cost | East Lyme Community Center | Facilitator : Sarah Firmin/Sophie Dubreuil
This program is for girls and youth who identify with female development ages 9-18. This group will increase self-esteem, body image, and social support. Space is limited.

Boys Council: NEW PROGRAM

TBD/ Mondays or Tuesdays. The program runs until June. No Summer sessions | After school 3 pm-5 pm No cost | East Lyme Community Center Facilitator: Dan Reynolds | Limited Space
This program is for boys and youth who identify with male development, ages 9-18. This group will increase boys' emotional, social, and cultural literacy through activities, dialogue, and self-expression.

Kids Night

TBD/ Mondays or Tuesdays. The program runs until June. No Summer

sessions | After school 3 pm-5 pm
No cost | East Lyme Community Center
Facilitator: Dan Reynolds

Offered one Friday a month to grades 1st through 8th to help increase socialization in a positive environment under the supervision of the after school open center staff. Register through Rec Desk or Parks and Recreation Office is required.

Youth Art Enrichment Class

Saturdays, 2/28 - 4/18 | Reg. Open
Cost: Resident \$130/ non-resident \$150
10am -10:45am (Ages 5-9)/ 1pm-2pm (Ages 10-13) | Limited to 20 participants
East Lyme Community Center/ Youth Center | Facilitator: Leanne Pappas
In this creative and hands-on art class, students will explore painting, collaging, and drawing while learning how artists use different materials to express ideas and emotions. We'll use a variety of art supplies to create unique mixed-media artworks. No prior art experience is needed; this class focuses on exploration, creativity, and building confidence in a supportive and encouraging environment.

Sitter Survival

Spring session TBD | Time: 3 pm-4 pm
Fee: \$75 Residents/ \$90 Non-resident
Community Center/Activity Room
Recommended for 7th graders and up. Youth get an introduction to the world of babysitting and can talk to guest speakers such as parents, police officers, and the Fire Marshall. Fee includes CPR certification.

Home Alone: Spring session TBD | Time: 3 pm-4 pm | Fee: \$45 EL/Salem resident/ \$60 non-resident.

Community Center/Activity Room
Recommended for 5th and 6th graders. Participants learn how to be home without adult supervision responsibly. Limited to 10 spots.

YOUTH & FAMILY PROGRAMS:

Mountain Bike Club

Open to ages 10 and older.
Fridays, April 24th- October 9th
Cost: Free | Time: 5 pm-6:30 pm
Location: Rocky Neck
Facilitator: Robbie Morgan
Registration is required. Limited to 15

continued on page 16

continued from page 15

This club offers an exhilarating experience in the great outdoors.

Adult Programs

Viking Mentor Program:

If you are interested in becoming a mentor to help empower the youth in our community and guide them to make positive choices, please contact Leanne Pappas at lpappas@eltownhall.com or Sarah Firmin at sfrimin@eltownhall.com.

Grandparents Helping Raise Grandchildren Support Group:

Meeting Months: September, December, March & June

If you are a grandparent helping raise your grandchild(ren), please join us and other grandparents in a supportive and confidential environment. This group meets quarterly, on the first Wednesday of the month from 10 am-11 am in the Youth Center. Contact Sarah Firmin at sfrimin@eltownhall.com or at (860)739-6788.

Social Services

East Lyme Youth, Family & Human Services, collaborates with local, regional and statewide agencies to provide social service initiatives and resources to residents in need of assistance. A basic referral can be found on the town website page.

Energy Assistance:

The Connecticut Energy Assistance Program (CEAP) provides financial assistance to Connecticut residents for heating their homes. Services include help with energy bills, emergency assistance,

heating system repair, budget counseling, and referrals for weatherization improvements. Contact Sophie Dubreuil to schedule an appointment at sdubreuil@eltownhall.com. Office phone (860)218-9850 | Work cell (860) 772-5493. See the chart below for updated requirements.

Caregiver Support Group:

Caring for a loved one can be deeply

rewarding—but also physically, emotionally, and mentally exhausting. Our Caregiver Support Groups are safe, welcoming spaces where you can share your journey, find encouragement, and connect with others who truly understand. Each session offers a mix of guided conversation, shared experiences, and helpful resources. Contact Sophie Dubreuil at sdubreuil@eltownhall.com or at (860) 218-9850.

ENERGY ASSISTANCE

Applications for CEAP are accepted from September 1 through May 30, 2026

60% of State Median Income Guidelines

Household Size 1 - \$47,764	Household Size 2 - \$62,460
Household Size 3 - \$77,157	Household Size 4 - \$91,854
Household Size 5 - \$106,550	Household Size 6 - \$121,247
Household Size 7 - \$124,002	Household Size 9- \$126,758

To fully process and submit all energy assistance application, please bring the following documents with you:

- The last 4 weeks of income for all household members (gross income). If you receive Social Security, please bring your SSA benefit letter as proof of income.
- Your most recent complete utility bill (IF heat is included in the rent, please bring a copy of the lease for proof)
- If you heat with deliverable fuel, please provide the name of your fuel vendor (and account number if you have it)
- Documentation of Child support, alimony, and pension for the last 4 weeks if applicable.
- Amount of rent or mortgage (no letter or statement is required)
- Bring 1099 from 2024 pension annuity or 401K

Call Sophie at (860) 772 - 5493 for more information and to make an appointment to complete an application.



East Lyme Public Library

39 Society Road, Niantic, CT 06357 | 860-739-6926
www.eastlymepubliclibrary.org

Please register at
www.eastlymepubliclibrary.org.

March: Historical Lecture Series

Sunday, March 1 | 2:00 pm

Location: East Lyme Room

Please check our website for information about forthcoming programs.

Craft Night with Ashley Crochet Basic

Wednesday, March 4 & March 11 6 pm

| Location: East Lyme Room

Learn basic crochet stitches and create your very own crochet project. Attendance is required for both sessions. All supplies included. Ages 16 and up. Space is limited to 12 participants per class. Register online.

How we as citizens can protect our water resources, actions to

take and those to avoid, with Judy Preston | Saturday, March 7

(Snow Date – February 14) | 2:00 pm

Location: East Lyme Room

Yale graduate, Judy Preston will present the ways in which we can protect our water resources, and the actions we should take and the ones we should avoid.

1776 Independence, Indigenous Nations, and Lessons from

Canada's 150th Anniversary with Jeffers Lennox | Monday, March 16
6:00 pm | Location: East Lyme Room
In 2026, the United States commemorates the 250th anniversary of independence. The era surrounding the Declaration included many dissenting voices, including Loyalists, the enslaved, and Indigenous nations. What lessons can we learn in the United States from this kind of a reckoning?

Music with Harvey Snitkin

Wednesday, March 18 | 6:00 pm
Location: East Lyme Room
Join us as we celebrate the return of Harvey Snitkin, a master at uniquely blending music with sound technology.

Visual Poetry Art for Women's History Month

Saturday, March 21
1:00 pm | Location: Senior Center
Celebrate women poets during Women's History Month! We will merge poetry and painting by creating a visual response to the poetry of women throughout time. Join celebrated Poet, Painter and Arts Educator, Shanna T. Melton, as she guides us through this creative experience. No experience necessary. All supplies will be provided. Ages 16 and up. Register online.

Pollinator Pathways: iNaturalist 101 Workshop with Jim Arrigoni

Saturday, March 28 | 2:00 pm
Location: East Lyme Room
iNaturalist is a powerful and free smartphone app and community science project for learning about the plants, wildlife, insects, and fungi that live all around us. This workshop will show you how to use the app, including best practices for submitting observations, and how to tap into existing iNaturalist observations.

April: Author Talk – The Emancipation of Hannah Faythe Winslow by Karen Warfield

Saturday, April 4 | 2:00 pm
Location: East Lyme Room
Join Karen Warfield as she discusses her latest book, *The Emancipation of Hannah Faythe A Woman's Journey in Colonial America*. Karen's book is a work of literary fiction with historical facts

woven throughout themes of deception and restoration.

Craft Night with Ashley: Color Your Own Mug

Wednesday, April 15
6:00 pm | Location: East Lyme Room
Come decorate and personalize a mug for craft night. All supplies are included. Ages 16 and up. Space is limited to 12 participants per class.

Liberty to Legacy with Michael Langlois

Tuesday, April 21 | 6:30 pm
Location: East Lyme Room
Join Michael Langlois for a presentation and discussion surrounding two American musicals "1776" and "Hamilton" that depict contrasting stories of American society and the founding of our nation.

History of the Blues 101 with Dan Stevens

| Saturday, April 25
2:00 pm | Location: East Lyme Room
Dan Stevens presents a multi-media presentation of classic blues pieces played live on authentic vintage instruments interspersed with historical images, video and educational material.

Children's and Young Adult Storytime Fun with Miss Zoë

Tuesdays | 10:30 to 11:00 am
Community Center Activity Room
Enjoy books, flannel board stories, creative movement and parachute play. Designed for children ages 2 and up, but all ages are welcome.

Baby Sign & Sing with Miss Sarah

Wednesdays: 9:30 to 10 am and 10:30 to 11 am
Children's Storytime Room
Learn baby sign language in this fun, interactive storytime. Best for birth to three, and older siblings are always welcome.

Sing & Stomp with Miss Rebecca

Thursdays from 10:30 to 11 am
Community Center Activity Room
A dance party for children and their adults. Creative movement is a great way to develop motor skills, learn rhythm, make friends, & more!

All Aboard! Train play in the Children's Story Room

For ages 2 and up with an adult caregiver.
Mondays and Fridays: 9:30 am to 2:30 pm.

Read to Hazel

Tuesdays from 4:00 to 5:00 pm.
Children's Storytime Room
This is an opportunity for readers ages 6 and up to gain confidence and fluency by reading to a therapy dog. Call to sign up for a 15-minute slot. 860-739-6926, ext. 2.

Sensory Storytime

Thursdays | 9:30-10:00 am
March 5, April 2, and May 7
For children ages 2-6 who are overwhelmed by large groups or wanting a more tactile experience. Small parts will be included, and direct adult supervision during storytime is expected. Limited to 10 children. Registration required.

YA Book Club with Amelia Massey for Grades 5-8

| Wednesdays 3:15-4:15 pm | March 11, April 8, May 13
Location: Children's Storytime Room
Join 8th grader and book club founder Amelia Massey to talk about the book of the month. Registration required. Students under the age of 12 need a signed permission slip. Books available at the Circulation Desk.

YA Arts & Crafts Club for Grades 5-8

Wednesdays 3:30-4:30 pm.
March 18, April 22, May 20
Location: East Lyme Room
We will explore a different project each month! Students under the age of 12 need a signed permission slip. Registration required.

Next Chapter Book Club

Wednesdays | 11:30 am to 12:15 pm
March 4, April 1, May 6
Location: East Lyme Room
Designed for teens and young adults with intellectual and developmental challenges, this welcoming book club read together during our meetings. Books and Kindles will be provided.

The Cretaceous Quintet: Musical Dinosaur Fun

| Saturday, March 21
2 to 2:45 pm | Location: Senior Center
Professional opera singer Brian Samuel Robinson will perform interactive songs about dinosaurs! He will be accompanied by professional classical musicians.

TOWN ASSESSOR'S CORNER

SENIOR HOMEOWNER, DISABLED & VETERANS' TAX RELIEF. A tax relief program for older adults and totally disabled persons who meet certain income requirement as approved by the State of Connecticut. You are applying for a credit on the taxes due on your primary residence in East Lyme.

The new income limits for the 2025 calendar year, including TOTAL GROSS income and Social Security, cannot exceed \$56,500 for married couples or \$46,300 for single individuals.

A complete copy of the 2025 IRS return must be submitted at the time of application with a copy of the Social Security 1099. If no IRS return was filed, then all 1099 forms and all income for the year must be presented. Veteran pension and veteran disability payments are included as income for this program. Anyone filing under totally disabled must submit proof of disability, i.e., an original award letter from Social Security and/or a current status report from Social Security as well as all income.

The homeowner must be at least 65 years of age as of December 31, 2025 or be receiving 100% disability benefits from Social Security.

The homeowner must occupy the property as their principal residence and not be receiving tax relief benefits as a homeowner in any other town or state.

LOCAL SENIOR, DISABLED HOMEOWNER'S TAX CREDIT OPTION:

Also, the Town of East Lyme provides an Additional Tax Relief for

older adults and totally disabled homeowners.

The new income limits for the 2025 calendar year, including TOTAL GROSS income and Social Security, cannot exceed \$56,500 for married couples or \$46,300 for single individuals.

The Application period for the Senior & Disabled Homeowner's programs runs from February 1 through May 15, 2026. Call 860-739-6931, ext. 6 to schedule an appointment to make application.

The Application period for the Additional Veterans programs runs from February 1 through October 1, 2026. Call 860-739-6931, ext. 6 to schedule an appointment to make application.

PERMANENTLY AND TOTALLY DISABLED VETERAN 100% SERVICE-CONNECTED DISABILITY RATING TAX EXEMPTION. Effective October 1, 2025, pursuant to Section 12-93 of the Connecticut General Statutes as amended by Public Act 25-168 Section 235, permanently and totally disabled veterans with a 100% service-connected disability rating must file an application form (D-2) annually with the Assessor's Office no later than January 1, 2026. This application shall include (1) all documentation necessary to demonstrate that the veteran has been determined by the United States Department of Veterans Affairs to be permanently and totally disabled based on a service-connected disability rating of one hundred percent (100%), and (2) an attestation that such claimant has not submitted, and will not submit, a claim for the exemption in another town.



Upcoming 2026 Events

Winter Lecture Series with guest speaker Dayne Rugh "

The Connecticut Sons of Liberty"
March 1st at 2:00 pm | East Lyme Senior Center at EL Community Center

Flea Markets at the Thomas Lee House | May 23 & 24, July 4 & 5, September 5 & 6

228 West Main St in Niantic
Saturday and Sundays:

East Lyme Puppetry Project Inc



Spring Season

"Shadows Around the World" by Nappy's Puppets- The show is at 2 pm on Sunday, April 12 at the East Lyme Community Center, 41 Society Road, Niantic, CT. Explore the history of shadow puppetry and its development around the world.

"Animal Safari" by Lucky Duck Puppets - The show is at 2 pm on Sunday, May 17 at the East Lyme Community Center, 41 Society Road, Niantic, CT. From earth worms to dinosaurs, Lucky Duck learns you don't have to travel far to learn about all sorts of animals.

Tickets are \$8 Children and \$10 Adults, which can be purchased online at Elppi.org. Online tickets will be held at will-call. Also accepting cash, check, credit and debit cards at the box office. Tickets are non-refundable unless the show is canceled.



Pool & Fitness Center for All Ages and All Seasons!

Meet old and new friends at the East Lyme Aquatic and Fitness Center (ELAFC) located

at the East Lyme High School. ELAFC is open year-round to the general public for lap swimming, lessons, water aerobics, and use of the well-equipped fitness center. Monthly memberships and day passes are available to help us all to stay fit, enjoy social interaction, and have fun at the same time.

Check out all the programs offered by the Aquatic facility by visiting their website: www.eastlymeschools.org/east-lyme-aquatics-fitness-center.

If financial assistance is needed to use the Aquatic Center's pool and fitness center, scholarships are available from the East Lyme Aquatic & Fitness Center Foundation, Inc., a supporting arm

of the Aquatic Center. The Foundation provides need-based financial aid so East Lyme and Salem residents can benefit from the Center's programs.

HOW TO APPLY: A Scholarship application can be obtained from the Foundation's website: <https://elpoolfoundation.org/wp/> (open the Scholarships tab). Completed applications can be submitted through the website or by mail sent to: East Lyme Aquatic & Fitness Center Foundation, Inc., 165 Boston Post Road, East Lyme, CT 06333. All information on applications is kept confidential.

HOW TO DONATE: For community members who wish to donate in support of the Foundation's public service mission, please refer to Donations using the Foundation's website: elpoolfoundation.org/wp/. The Foundation is a 501 (c) (3) charitable organization, and all contributions are tax deductible to the fullest extent of the law.

East Lyme Senior Center

37 Society Road, Niantic, CT 06357 • 860-739-5859
www.seniorcentersct.org • Monday - Friday, 8:00 am - 4:00 pm

STAFF

Kristen Caramanica – Director
Candy Heikkinen – Program Coordinator
Jane Bowen – Senior Center Associate
Kayla Orowson – Receptionist
Lee Edwards – Driver Gary Pucket – Driver
Katherine Kane – Driver Julio Valentin - Driver

Check out our monthly newsletter, It is available at the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available online at the Town of East Lyme website at www.eltownhall.com. If you would like the newsletter emailed to you monthly, contact the Senior Center.

WEBSITES: "Like Us" on Facebook. Check out our Senior Center registration website at www.schedulesplus.com/eastlyme

COMMISSION ON AGING : The Commission on Aging Board meets the 2nd Monday of every month except for July & August at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

TRANSPORTATION: IN-TOWN TRANSIT SERVICES

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

MEDICAL TRANSIT/SOUTHERN NEW LONDON COUNTY

The Senior Center offers transportation for medical appointments that are located within southern New London County. Transportation is funded by a grant through the Department of Transportation. Call the Senior Center for more information.

TRANSPORTATION APPEAL REQUEST: Please consider donating. Donors are critical to help offset the cost of operation of our

transportation service. Make the check out to the "Town of East Lyme" for any amount you can afford to supplement the costs of providing transportation. In the memo section of your check, please write "Transportation" so we can identify the nature of the donation.

SENIOR LUNCHESES: SENIOR NUTRITION PROGRAM

The Senior Center and TVCCA provide lunches with a 24-hour reservation on Tuesday and Thursday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

MEALS ON WHEELS: The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults aged 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

AARP TAX-AIDE : The AARP Tax-Aide provides confidential tax preparation assistance every February, March and April for low to middle income people with special attention paid to those 60 and older. Contact the Senior Center for an appointment and details.

MATURE DRIVER SAFETY CLASSES: The Senior Center and AARP provide Mature Driver Safety classes to anyone 50 or older. Contact the Senior Center Office for the schedule. Class fee is \$20 for AARP members and \$25 for non-members.

SENIOR CENTER TRIPS: The Senior Center offers a diverse selection of trips. Detailed flyers are available. Below are the trips currently being promoted:

DAY TRIPS: Open to any person 55+

Maple Madness & Magic Wings, Mason, NH - Thursday, April 14th
The Bobby Darin & Frank Sinatra Show, A Villa Louisa, Bolton, CT | Tues., April 21st

The Bee Gees, Aqua Turf, Plantsville, CT Thursday, May 14th
Culinary Institute of America, Hyde Park, NY | Wednesday, June 10th
New York Botanical Garden, Bronx, NY Special Exhibit – Flower Power



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Wednesday, June 24th

Sail Boston – Boston Tall Ships, Boston, MA | Wednesday, July 15th

OVERNIGHT TRIPS/CRUISES: Contact the Senior Center for trip flyers.

Exploring Scotland & Ireland

September 27 - October 9, 2026

Southern Charm Holiday

November 30-December 6, 2026

PROGRAMS : Registration is required for all programs. Contact the Senior Center. Online registration is now available for all Senior Center programs. Go to: www.schedulesplus.com/eastlyme.

FITNESS CLASSES: Please call the Senior Center for Class Details.

AGELESS FITNESS: Mon & Wed 10 am

MONDAY CHAIR ZUMBA:

Mon 11:30 am

BALANCE & CORE: Mon 1:15 pm

SENIOR YOGA: Tue & Thu 9 am

STRENGTH TRAINING:

Tue & Thu 12 pm

STRENGTH TRAINING 2: Tue & Thu

1:15 pm

BEGINER TAI CHI: Wed & Fri 8:20 am

24 FORMS OF TAI CHI: Wed & Fri 9:30 am

CHAIR YOGA: Mon at 10:45 am, Wed at 1 pm, Fri at 10:45 am

FIT DANCE GOLD: Tue & Thur, 3 pm

PING PONG: Wed 10:45 am. Will teach.

No fee.

HIKING: Fri – Must register for the session and then register weekly for the next upcoming hike. List of hikes available at the Senior Center office.

PICKLEBALL RECREATIONAL INDOOR

PLAY: Download the free app called Team

Reach. Enter : East Lyme Public Courts.

Code: Pickledome. No walk ins. Must have knowledge of the game. Register Weekly—

No Drop in Play

PICKLEBALL LESSONS: Register on

Team Reach app. Call the Senior Center

for available. Fri 9:45 am, 1-week lesson for

Beginners. \$20pp. Fri 11am. 1-week session

of lessons for Skills 2. \$20pp.

ARTS & CRAFTS CLASSES

PAINTING W/FRIENDS: Tue at 9:30 am.

No instruction - only camaraderie! No fee.

STITCH HAPPENS: Wed at 9:30 am.

Knitting, crocheting, sewing together. No instruction and no fee.

DRAWING: Thu 10 am. Free. Instructor led class. Minimal supplies needed.

QUILTING: 3rd Fri and the 4th Tue of every month 4:30 pm. Fee is \$2.00. 1st

Mon of every month from 1 pm. No fee.

Intermediate to Advanced level.

GAMES/CARDS

HAND & FOOT: Mon 12:30 pm

SCRABBLE: Tue 9:30 am at Atria, Waterford

MAH JONGG: Tue 12:15 pm. No fee. Must know the game.

BRIDGE: Shoot Out played Tue 1 pm.

Fee \$5.00pp. Must know the game/have a partner. Must register.

BRIDGE: Duplicate Bridge played Thu

12:45 pm Fee \$1.00pp. Must know the

game/have a partner. Must register.

BINGO: Fri 12:30 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards. Drop in acceptable.

EDUCATION/ENRICHMENT

WRITING CLASS: Tue 2:15 pm

JAM SESSION: Every Mon 2 pm. No

formal instruction, just playing with your fellow guitar enthusiasts. Lessons will

resume in September

UKULELE LESSONS – Level 2:

Mon 11 am. Call for class fee & schedule.

GUITAR LESSONS – Level 2: Mon 12 pm

Call for class fee & schedule.

UKULELE/GUITAR all levels: Mon at 1 pm

Call for class fee & schedule.

HEALTH PROGRAMS/BENEFITS INFO

Please call the Senior Center for details.

MEMORY IN MOTION: Memory

in Motion class is a gentle, seated exercise class designed to support both physical and cognitive wellness. Every Wednesday at 1:30 pm.

PARKINSON'S DISEASE

LIVING WITH INTENT!

Group class combining exercises for speech, memory, movement and music for people living with Parkinson's disease, Every Wednesday at 2:30 pm.

FOOT CLINIC: 3rd Thursday. Dr. Walter, Foot & Ankle Health Center

MANICURES: 2nd & 4th Tuesday.

MASSAGE THERAPY: 2nd & 4th

Wednesday & 3rd Thursday. \$33: 25

minutes, \$66: 50 minutes.

HAIRCUTS: 4th Wed starting at 12 pm, \$15 fee

HEARING CLINIC: Quarterly appointments on the 1st Thu 10 am.

MONTHLY PROGRAMS

GRANDPARENT SUPPORT GROUP

First Wednesday of the Month, 10 am

EVERY MONTH: Theme Meals & Musical Entertainment, Special Events

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STARS to STEM, Incorporated

STARS to STEM Regional Planetarium is located within East Lyme High School at 30 Chesterfield Rd., East Lyme, CT.

STARS (Society Takes Actions and Risks in the Sciences) to STEM (Science Technology, Engineering and Math), Inc. is a grassroots, federally recognized 501 (c)(3) non-profit organization. This all-female Board of Directions, with the help of many volunteers along the way, have been working diligently to restore the wonders of space-age education with the revitalization of the planetarium.

In addition to the sciences, S2S is full STEAM ahead (Science, Technology, Engineering, Arts and Math) as we are putting the ARTS into the planetarium. First Fridays at the S2S Regional Planetarium, located in East Lyme High School, at 30 Chesterfield Rd. in East Lyme feature a new musical performance each month from 7-9 pm. The Last Fridays of each month from 7 to 8:15 pm in the planetarium join our education director, Dr. Leslie Brown for her series; What's Up in Our Night Sky? Come learn about bright stars, constellations and unusual celestial events including planetary alignments, eclipses and meteor showers, all that can be seen from Southeastern CT. Visit our website at www.starstostem.org, on Facebook and Instagram, STARS to STEM, Inc. or by emailing president@starstostem.org and/or secretary@starstostem.org



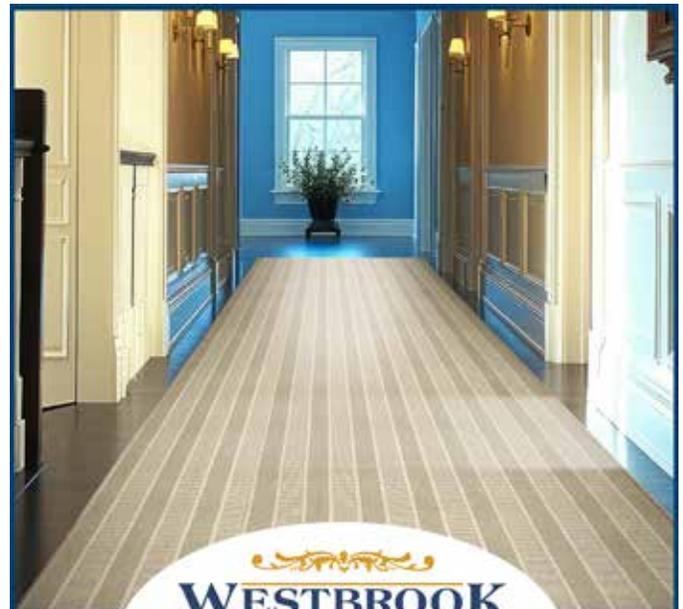
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Sat: 10am - 2pm

Closed Sun & Mon

Evening Appointments Available



East Lyme Police Cadets, Inc.

Membership is open to all youth from the communities of Montville, Waterford, Salem, Old Lyme, Lyme, and East Lyme.

www.eastlymepolicecadets.org

ADVISORS

East Lyme Police Sgt Mark Hallbauer
East Lyme Police K9 Officer Chris Dube
East Lyme Police Detective William Turcotte
East Lyme Police Officer Kaisea Caramante
CT DOT Electrical - Chandler Caulkins
(Former Cadet)

East Lyme Police Cadets Annual Adult Comedy Show
Age 18+
MATURE AUDIENCES ONLY

HOLIDAY INN - NORWICH CT
10 LAURA BLVD, NORWICH, CT 06360
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**MARCH 27, 2026
7PM**

This program is designed to give youth (male/female) between the ages of 13-20 an insight into the career field of Law Enforcement. We are run SOLELY on donations. We hope to be able to create & foster friendships between the youth members and police officers as well as amongst their peers. Meetings are held every 1st and 3rd Wednesday of every month (except July/August) from 6:00 pm – 8:30 pm at the East Lyme Police Department. In the program, members learn various skills from CPR/1st Aid to handcuffing, building searches, and report writing. They work with cadets and police officers from throughout the northeast. Cadets also participate in various community activities where they use some of the skills learned to assist with traffic control, etc. Older Cadets may even be allowed to accompany officers on ride-alongs to see the actual duties of a police officer during their normal shift.

Youth members who successfully complete the program may be able to acquire jobs in the field of law enforcement easier than those that did not participate due to the fact that active members build their resumes while participating in a fun and demanding program. We accept applications year-round but have 3 times that we recruit during the year and we do have a cap of 25 cadets.

If you or someone you know is interested in joining, please have them contact us at: information@eastlymepolicecadets.org. Donations Accepted at: East Lyme Police Cadets, PO Box 189, Niantic, CT 06357 Or PAYPAL: information@eastlymepolicecadets.org (Please select "Friends & Family").

PROCEEDS TO BENEFIT NIAN TIC MAIN STREET

NIAN TIC BAY BOARDWALK 5K

APRIL 18
Saturday

8:30AM REGISTRATION
10AM 5K RACE START
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NianticBoardwalk5K.com

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